As the year comes to a close, it is time to focus on you, friends and family, and community. With time off from work, it is the perfect opportunity to rest, recharge and make sure you are ready to start fresh in the new year.

Recharge Your Mental Battery

- Sleep is one of the best ways to rejuvenate your body and mind. Aim for seven to nine hours of sleep per night, and try to build habits to help you achieve that goal. Look into sleep restoration tips from the Employee Assistance Program here.

- Take a social media break. Whether it is for a day or a week, delete social media apps off of your phone or set wellness timers to help keep you accountable.

- UT’s Employee Assistance Program offers a variety of free resources for you to tap into. Check them out here to find a program or service that might help you.

Give Back

- If you are able to do so, consider donating time, money or items to local charities. This is an especially hard year for many people, and there are plenty of local and national organizations looking for donors.

- A great way to support UT Austin students in need is by donating to the UT Outpost, which helps students understand and identify food insecurity, as well as makes nutritious food readily available to students when they need it.

- Give the gift of gratitude instead of physical items for a more meaningful impact. Tell someone why you are grateful for them on a phone call or with a handwritten note.

Start a Virtual Tradition

- This holiday season will look different, but it doesn’t mean that it can’t be fun. Take this opportunity to create new virtual traditions with friends and family that you can continue for years to come.

- Set a time to get on video chat together with loved ones and cook the same recipe. Try a gingerbread house making competition or a shared cocktail if cooking isn’t your thing.

- Be intentional with connecting with people on important days. Organize a socially distant dinner by scheduling Zoom calls with different groups. Enjoy appetizers, entrees and dessert with the important people in your life, all from the comfort of your own home!